

INCLINE WALKING TREADMILL WORKOUT

DESIGNED FOR COMPLETE BEGINNERS



MINUTE	SPEED (MPH)	INCLINE	EFFORT
0-3	2.5	1%	Warm Up
4-5	3	4%	Ease into the climb
5-6	3.5	5%	Start to push
6-7	4	5%	Ramp it up
7-8	4	6%	Push hard
8-9	4	7%	Hang in there
9-10	4.5	8%	Tough it out
10-11	3.5	5%	Ease off
11-12	4	7%	Climb again
12-13	4.5	8%	One final push
13-14	4	6%	Nearly over
14-15	3	1%	Cool down

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Live Life Right Here Right Now Carole Lewis, 2012-07-02 Many people spend a majority of their time living either in the past or in the future Those who live in the past are often filled with regret replaying again and again decisions that might have led to a better today Those who live in the future often forget that it s the decisions they make today that will shape tomorrow In this inspirational title Carole Lewis challenges readers to treasure today and make it the very best day of their lives Live Life Right Here Right Now shows readers how to become the person they ve always wanted to be by living into the joys and trials that today brings along Carole s message is simple We cannot change the past but making today count will have a profound effect on our future

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THINGS YOU WANT IN LIFE This isn't just another self help book Magnetic is a practical blueprint for a new more aligned way of being and a healthier wealthier happier life Transform your life and become the master of your own destiny **Walk for Health** Prevention Magazine, Prevention Magazine Editors, 1991 *Walking Networks* Blake Morris, 2019-11-05 Since the early 2000s there has been an increase in artists who are walking as an essential part of their artistic practice This book identifies the unique attributes of walking to develop a definition for walking as an artistic medium Drawing on historical sources such as the walks of the Romantic poets Dadaists and Letterist Situationist Internationals it presents a practice based approach to walking focused on the radical memory of the medium The book covers three contemporary organisations working to develop the artistic medium of walking London's Walking Artists Network Scotland's Walking Institute and New York City's Walk Exchange and looks at how these different organisation's strategies contribute to the development of the artistic medium of walking The book is framed by five walking exercises and invites the reader to create a memory palace for the medium of walking as a practical exploration of artistic walking practices **Sunset**, 1990 **Transactions** American Nuclear Society, 1987 Advanced Framework User's Guide Adam B. Green, 1985 **Physiotherapy**, 1956 **Safety & Health**, 1990 **Today's Health**, 1968 Time, 1993 *Bottom Line, Personal*, 2000 **The Pall Mall Budget**, 1886 **"They that Walk in Darkness"** Israel Zangwill, 1899 Walk for Life Deena Balboa, David Balboa, 1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a program that grows more enjoyable and desirable every day Illustrated **Runner's World**, 1983 The Spa Guide Judy Colbert, Ed Colbert, 1988 **"They what walk in darkness"** Israel Zangwill, 1899 *Report* New York (N.Y.). Department of Correction, 1954

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